

From The Merle Boyd Center

Muscle of the Month **Glutes**

Sharlyn Kennon, Exercise Specialist

What is the biggest, most powerful muscle in the human body? If you said Gluteus Maximus, you are correct!

The gluteal muscles, also known as your glutes or buttocks, are among the strongest muscles in the entire body. They are comprised of 3 separate muscles: Gluteus Maximus, Gluteus Medius and Gluteus Minimus. These muscles are involved in extending and outwardly rotating the hip, and extending the trunk.

The Gluteus Maximus is the most superficial muscle and is the one you can see. It originates along the pelvic bone crests and attaches to the rear of the femur. Because of its attachment, it provides the human body incredible leverage and sets our species apart from other primates by helping us stand upright versus being four legged.

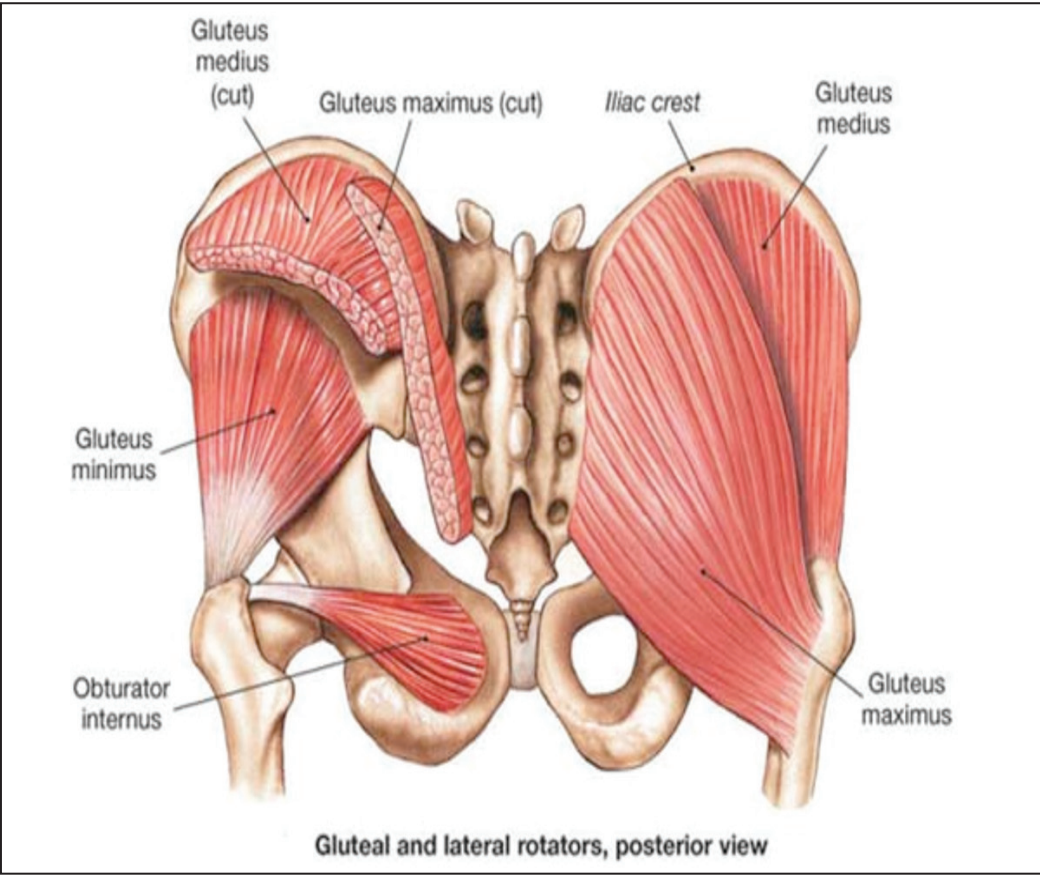
Directly underneath the Gluteus Maximus are the Gluteus Medius and Minimus. They both originate in the same spot as the Maximus but attach to the side

of the femur instead. They assist with thigh abduction (movement of thigh away from the body).

Building glute muscles adds shape and lift to the backside of the body, as well as strength for sports and everyday activities. Lower body exercises, such as squats, lunges, deadlifts, leg presses and abduction movements strengthen these muscles

The gluteal muscles are only partially responsible for giving the buttocks their characteristic shape. The subcutaneous fat that contributes to the “roundness” of the buttocks is called the panniculus adipose. If the gluteus muscle is atrophied and subsequently “absent” from providing shape, then the overlying panniculus adipose is responsible for the “sagging butt” appearance.

If you would like to learn more about exercises and stretches that enhance the glutes, contact Sharlyn Kennon, exercise specialist, @ 918-968-9531 ext. 208 or sharlyn.kennon@ihs.gov.



Sharlyn Kennon, Exercise Specialist leading an exercise during the Elders’ Conference.

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Recipes by Erica Dean MS, RD/LD

Oregano Grilled Cheese Sandwich
Makes 4 servings

4 slices multigrain bread
8 slices part-skim mozzarella cheese
2 tomatoes, cut into 16 thin slices
(plum tomato recommended, but any with fewer seed and more flesh will work best)
1 tsp Oregano leaves

Directions:

- Top each bread slice with 2 cheese slices, 4 tomato slices and ¼ tsp of oregano.
- Broil 4 to 5 minutes or until the cheese is melted.

get rewarded for exercising
join the
COMMIT TO BE FIT CLUB

for more information contact:
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August 2011				
Black Hawk Health Center Activities				
Monday	Tuesday	Wednesday	Thursday	Friday
1 11:15 - Step & Core ... 12:15 - Combo Cardio ...	2 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Zumba & Step ...	3 11:15 - Beginner Yoga ... 12:15 - Step & Core ...	4 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Combo Cardio ...	5 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
8 11:15 - Step & Core ... 12:15 - Combo Cardio ...	9 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Zumba & Step ...	10 11:15 - Beginner Yoga ... 12:15 - Step & Core ...	11 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Combo Cardio ...	12 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
15 11:15 - Step & Core ... 12:15 - Combo Cardio ...	16 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Zumba & Step ...	17 11:15 - Beginner Yoga ... 12:15 - Step & Core ...	18 11:15 - Circuitcise • Clinic Closed At Noon 4:45 - Combo Cardio ...	19 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
22 11:15 - Step & Core ... 12:15 - Combo Cardio ...	23 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Zumba & Step ... 12:00 - Football Party Ideas ...	24 11:15 - Beginner Yoga ... 12:15 - Step & Core ...	25 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Combo Cardio ...	26 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
29 11:15 - Step & Core ... 12:15 - Combo Cardio ...	30 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Zumba & Step ...	31 11:15 - Beginner Yoga ... 12:15 - Step & Core ...		
• Boyd Center Fitness Room •• Boyd Center Kitchen ... Gym				

BLACK HAWK HEALTH CENTER ACTIVITIES

Activity Descriptions:

Group Exercise Classes – Call Sharlyn Kennon for questions. 918-968-9531 x208

Circuitcise is a circuit training program that alternates between cardiovascular and muscle endurance exercises. The circuit includes using weight machines, free weights, calisthenics, exercise tubing and cardiovascular equipment to work all major muscle groups in the body. This is a great total body workout done to motivating music!

Yoga increases flexibility while building strength and stamina through various movements and poses. The main emphasis of yoga is to blend philosophies of physical and mental conditioning through stretching and relaxation. Yoga helps improve posture, rejuvenate energy, relieve stress, and reduce fatigue and/or chronic pain.

Combo Cardio is an upbeat aerobic class that is sure to get your body moving! This class combines hi/low impact, Zumba, line dancing and step aerobics for a great cardiovascular workout for beginner, intermediate or advanced fitness enthusiasts.

Washboard Core is a workout designed to tone the core muscles of the body. The core’s muscles run the entire length of the torso and are used to stabilize the spine and pelvis. The benefits of a strong core include reduction of back pain, improvement of posture imbalances and enhanced fitness performance. If you’re looking for tighter abs, obliques, gluts and back muscles, this is the class for you!

Step Aerobics is a cardiovascular workout that burns 30-60% more calories than traditional aerobics classes. Participants can choose to workout on a 4, 6 or 8 inch step depending on their fitness level.

Xbox Kinect Games are played every Friday in the Merle Boyd Center. Join us for fun, games and some friendly competition that will get your body moving.

Zumba is a fusion of latin and international music with dance themes that create a dynamic, exciting and effective workout! The routines feature a aerobic interval training with a combination of fast and slow rhythms that tone and Sculpt the body. Zumba is a “feel-happy” workout that is great for the body, mind and spirit.

Nutrition Workshops in the Kitchen
Call Erica Dean for questions. 918-968-9531 x203
Football Party Ideas -- Yummy Friday night after party or NFL Sunday treats. Recipe copies will be provided to those who attend.

